

STEWED CHITTERLINGS

1. 10 lbs. Pork Chitterlings
2. 1 tblsp. Salt
3. 1/4 cup Dried Chopped Onion
4. 1 tblsp. Dried Minced Garlic
5. 1 1/2 tsp. Red Pepper Flakes
6. 1/4 cup Red Wine Vinegar
7. Water

Ingredients

1. Clean and wash chitterlings thoroughly
2. Optional step - Parboil chitterlings for 10 minutes in salted water. This will take some of the grease off of the chitterlings and make them a bit more healthy. Also they will smell less while cooking.
3. Put the chitterlings in stock pot.
4. Cover with water plus an two inches.
5. Add all ingredients.
6. Boil chitterlings gently for 3 hours or until tender.
7. Make sure chitterlings do not run out of water, add water as needed.
8. Dip chitterlings out of pot using a slot-
ted spoon. Serve hot.